PULP FICTION

EAT YOUR FRUIT, DON'T DRINK IT, DOCTOR SAYS metroLIFE

Toronto metro

Your essential daily news | MONDAY, JUNE 15, 2015 | High 24°C/Low 19°C Cloudy

DKNY SUPERSTAR ON HOW TO **TWEET YOUR WAY TO A DREAM JOB** metroLIFE

RAIN ON MY PARADE

Michal Draus and Rafaela Fontes, of the Rancho da Nazare dance troupe, stand together under an umbrella at the Portugal Day Parade near Dundas and Ossington on Sunday. LIZ BEDDALL/METRO

Low wages, high stress

JOBS

Ontario's small-salary workforce up 94% in 20 years

It's one of the most excruciating decisions single mom Jodi Dean ever made: choosing between the unpredictable $13-an-hour job her family relied on, and taking care of her sick daughter.

"It (made) me physically ill with the stress," Dean said. "I needed that job to provide for my children."

Welcome to the new normal in the province: low salaries, erratic schedules, dwindling hours, unpaid leave and constant stress.

Ontario's low-wage workforce has skyrocketed by 94 per cent over the past two decades, compared with just 30 per cent growth in total employment, according to a new report.

In one of the few province-wide studies of precarious employment, the research details an "eye-popping" shift toward poorly paid, non-unionized work across Ontario.

It shows that 40 per cent of low-wage employees are saddled with unpredictable shifts, and the overwhelming majority do not get paid when they need time off.

That reality, the report argues, calls for sweeping changes to the province's employment and labour laws, whose many loopholes are currently the subject of government review.

> **"You feel like you're a dime a dozen, easily replaced.**
> Jodi Dean

"Clearly, people need more predictability, both in their schedules and in their incomes," said Sheila Block, senior economist at the Canadian Centre for Policy Alternatives and the study's author.

The research compiled by the think-tank shows that the share of Ontario workers labouring for the minimum wage is now five times higher than in 1997. It rose from less than three per cent of all employees to about 12 per cent in 2014.

The share of low-paid work has also ballooned: Almost a third of all employees in the province are now making within $4 of the minimum wage, compared with less than 20 per cent of the workforce in 1997.

And while more than half of all minimum-wage workers are still young people, most of those making less than $15 an hour are 25 or older.

"Those low-wage workers are the ones trying to support their families," Block said.

For that growing population, erratic scheduling is now a deeply entrenched feature of daily life, according to the study, which drew on Statistics Canada data and represents one of the few attempts to quantify the scale of unpredictable scheduling in Ontario. TORSTAR NEWS SERVICE

BY THE NUMBERS

50.5: Percentage of Ontario employees working less than 40 hours a week
29.4: Percentage of Ontario workers who are low-wage
6.7: Percentage of employees unionized in private-sector businesses with fewer than 20 people
23.7: Percentage of employees unionized in workplaces with 500 or more people

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HWY / CITY 100KM*: 9.3L/12.3L

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Offer includes a $1,000 Cash Bonus.[Δ] Offer based on new 2016 Sorento LX 2.4L FWD (SR75AG) with a selling price of $29,344.[≠] Excludes HST.

2015 IIHS TOP SAFETY PICK

2015 OPTIMA

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Optima SX Turbo shown[‡]
Cash purchase price $36,564

HWY / CITY 100KM*: 5.7L/8.9L

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Georgian capital dealing with a flood of zoo animals. **World**

HEALTH

Life's hard and that's OK

Gilbert Ngabo
Metro | Toronto

Maybe easier isn't really better.

That's the mantra of a new social media campaign that's urging people to get fit by doing things the hard way.

"When you look at our evolving culture, we are becoming very sedentary," said Mike Evans, a staff physician at St. Michael's Hospital, known for a series of YouTube videos promoting active lifestyles.

The campaign, called #MakeYourDayHarder, is about getting people to reconsider their daily routine. Participants can use the hashtag to share how they're making their day a little harder, whether it's taking the stairs or standing at work.

Taking a little longer walk to work, parking at the back of the lot or creating walking meetings are some of the ways Evans suggests making your day harder — and healthier.

"Our hero isn't Sidney Crosby," he said. "Our hero is the person taking the stairs while everyone else is waiting for the elevator."

Mike Evans
CONTRIBUTED

Lanes boost bike use but don't affect traffic: Study

CYCLING

Positive news has city considering extensions

New downtown bike lanes along Simcoe, Richmond and Adelaide streets have dramatically increased — in some cases tripled — the number of cyclists using those routes without impeding car travel along the same stretches.

The city's positive evaluation of the lanes comes just as the city's public works committee is set to consider on Wednesday whether to extend the Richmond and Adelaide lanes east to Parliament Street.

Approving that extension would be a chance for Mayor John Tory's administration to do something positive for cyclists in Toronto, said Cycle Toronto executive director Jared Kolb, who rode with Tory last summer before he was elected.

The city's evaluation of the pilot shows that Richmond and Adelaide combined are attracting about 4,200 bike trips on an average weekday and Simcoe is seeing about 1,100.

The biggest growth on Simcoe has been in northbound cyclists. On Adelaide, the number of cyclists has tripled to about 1,600 during an eight-hour period and up to 2,500 over 24 hours.

"The volumes have been unbelievable. There are packs of 15 cyclists queuing at a light. I think there's quite a bit of pent-up demand," said Kolb, who uses the lanes regularly.

Cycle Toronto, a biking advocacy group, is urging its members to contact their councillors and the works committee to push for the extensions to Parliament.

Kolb said there are plans to replace some of the flexi-posts with planter boxes that will beautify the streets later this summer.

The city's report shows car travel times have generally improved at the same time the number of cyclists using the streets has grown.

It says that, "The city's traffic management centre has improved communication with traffic signals along these corridors, which likely has helped achieve better traffic signal co-ordination."

TORSTAR NEWS SERVICE

New bike lanes on Richmond, Adelaide and Simcoe streets have tripled cycling on those stretches of road, but haven't slowed traffic, according to a preliminary evaluation of the city pilot project a year later. KEITH BEATY/TORSTAR NEWS SERVICE

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Pan Am shows its offbeat side

Some of the athletes competing in the Pan Am/Parapan Am Games this summer have devoted their lives to sports many of us have never had the chance to see before or, maybe, haven't even heard of. Here's a round-up of some of the wonderful, unusual and lesser-known sports that you can go and see at the Pan Am/Parapan Am games.

Jessica Smith Cross/Metro

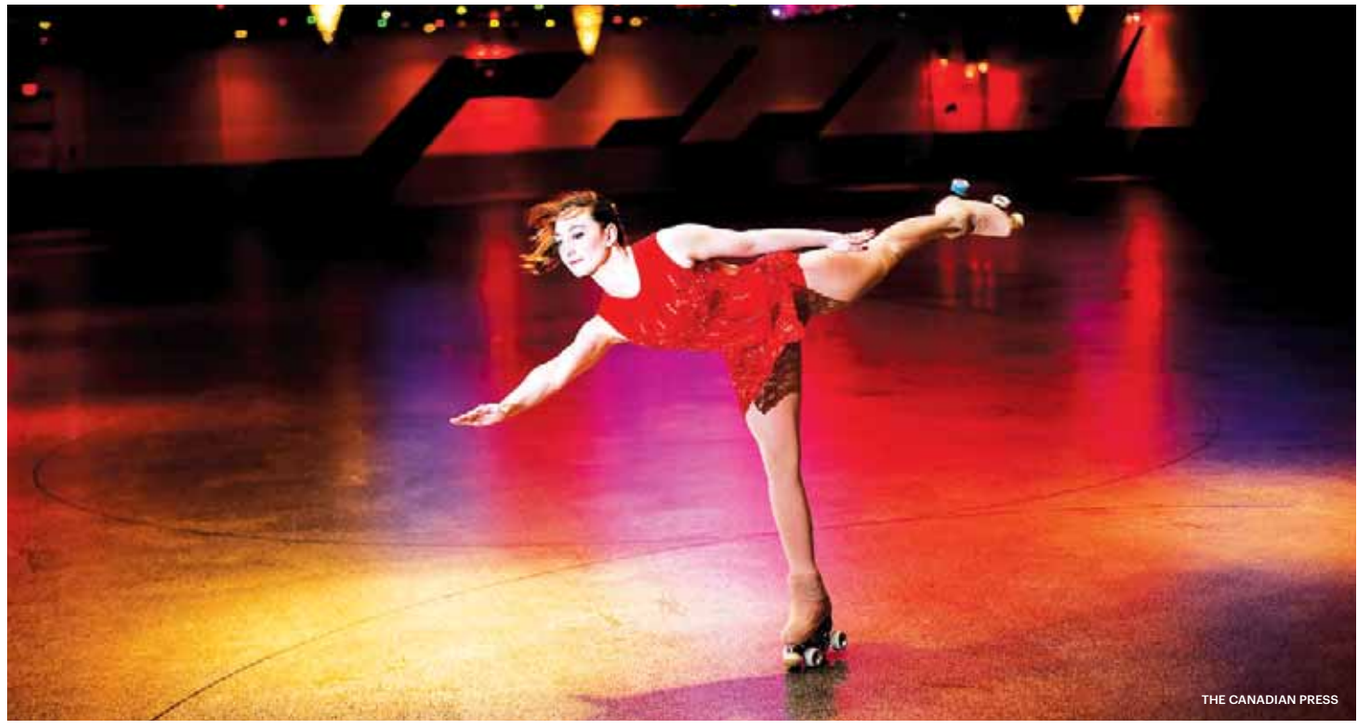
GRACE ON WHEELS

Roller figure skating

Kailah Macri showing off some of her moves, right, says that when she talks about her sport at a party, the most common response she gets is, "What's that?" Roller figure skating, Macri will explain to those she meets, is like ice skating, with the same jumps, spins and routines, but it's done on roller skates.

"Some people assume it's roller skates on ice, and will ask how that works, but I'll tell them, 'no, it's on concrete or a hardwood floor," she said.

Roller figure skating is a Pan Am sport, but not an Olympic sport. Macri is the only roller figure skater competing at Pan Am Games for Canada, because there aren't that many people who compete at a high enough level. She's hoping that the Pan Am Games will encourage a new generation to try to advance in the sport she loves.



THE CANADIAN PRESS

THE CANADIAN PRESS

DEBUT FOR WOMEN

Rugby sevens

Rugby sevens is rugby, but with only seven players on either side, instead of 15. It's face-paced, exciting and a sport on the rise, making its Olympics debut in 2016.

Men played rugby sevens at the last Pan Am Games, but this year will be the debut for women.

One of the more unusual traditions of the sports comes from the fans, not the players, according to Team Canada member Ashley Steacy, showing off her moves, said many of the big men's tournaments set a "fancy dress" theme for fans to follow when they dress up in costume.

However, women's sevens tournaments don't get as many fans as the men's do, and don't get a theme, Steacy said.

"I would hope that will change and follow suit with the men, and get that amount of fans and excitement that the men do," she said.

Brian Kelly, a spokesman for Rugby Canada, said while there isn't an official theme for any of the rugby sevens games at Pan Am, everyone is encouraged to wear red and maple leaves.

IT'S LIKE BOCCE BALL

Boccia

Gold-medal boccia athlete Alison Levine, showing how it's done, says she usually opts to explain her sport to people by showing them a YouTube video.

"They normally say the classic line of, 'Oh that's cool,' but you can tell that they don't understand," she said. "The best way to understand it is to see it."

Boccia is similar to the lawn game bocce ball. Competitors throw balls aiming to get them as close as possible to a target ball, called a jack. It's takes physical precision and mental strategy, and it's one of the few sports for para-athletes that doesn't have a counterpart in the Olympic or Pan Am Games.

"What's very different about the sport is it's the only Paralympic sport that's available to those of us with severe physical disabilities," said Levine.

Many of the boccia competitors have cerebral palsy, she said. Levine has a degenerative neuromuscular disorder. She used to play wheelchair rugby, but even though she can't do that anymore, boccia gives her the chance to compete at the highest level of sport.

COURTESY CANADIAN CEREBRAL PALSY SPORTS ASSOCIATION

MORE

Canoe / Kayak Slalom
Canoe and Kayak Slalom athletes paddle a whitewater course with rapids, rocks and drops, while turning through gates. This is the first year for canoe slalom at a Pan Am Games.

Handball
Handball is what you get when you mix soccer and basketball. Players, on a court, use their hands to dribble and pass a ball, that they attempt to get past the other team's goalie and score on a soccer-like net.

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Crowdfunding effort births neon nostalgia

CITYSCAPE

Book will show off some of the continent's iconic signs

Rebecca Joseph
For Metro | Toronto

As new buildings go up, old neon signs come down. While some are restored and relocated, many end up in the trash.

One Toronto photographer is saving them the only way she knows how: by taking pictures.

That's why Tanja-Tiziana Burdi is crowdfunding her new book, Buzzing Lights, a tribute to the neon signs she's seen across North America.

While classic Toronto signs like those of El Mocambo and The Senator will appear in the book, Burdi wishes the city had kept more of the bright, vivid signs.

"We've lost a lot over the years," she said. "It's really too bad because once they're gone, or put into a museum, it's not the same as when they're on the street.

"They are really what makes the city edgy."

One of her favourite signs in Toronto was Sam the Record Man: "It didn't matter if Sam was going to charge you $5 more for a record, it was the place to be," she said.

Her book is currently being crowdfunded on indiegogo.com, and she's reached half of her goal with 25 days remaining.

"Sam the Record Man was this cultural landmark for music, for art, for teenage everything."
Tanja-Tiziana Burdi

Left: The classic neon sign from Sam the Record Man was taken down in 2007. From top: The Senator Restaurant, the Silver Dollar Room and El Mocambo.
PHOTOS COURTESY OF TANJA-TIZIANA BURDI

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Hotel's new facade soon to be unveiled

KING WEST

Components were made by hand to mimic original design

Jessica Smith Cross
Metro | Toronto

A historic Toronto building has been getting a facelift for the past year and the results are about to be made public.

Construction crews at the One King West Hotel are nearly finished restoring the building's century-old terra cotta façade.

But when the scaffolding is gone, the chance to see the façade up close will be too. The only views of the restored friezes will be from the buildings across the street, and for those with good vision, from the ground many floors below.

On Thursday, Metro was given an tour of the friezes from the 12th floor, ahead of their official unveiling.

Construction crews have spent the past 15 months restoring the façade of the One King West Hotel. JESSICA SMITH CROSS/METRO

The building was built in 1914 as The Dominion Bank. The first four floors are granite, but the fifth through 12th were finished with terracotta that has endured Toronto's weather for the past century. Crews replaced about 90,000 feet of joints between the 15,200 pieces of terra cotta, which they cleaned, patched and re-glazed and then speckled, by hand, with small black flecks to match the original. The 840 pieces that were broken were remade by a U.S. company, and re-installed.

> **You can even see the detail if you're standing down on King Street.**
> Josh Harris, site supervisor

"It's been a total restoration of the exterior of the building," said site supervisor Josh Harris. "It was very time consuming."

But the work was worth it, even for those looking at it from the ground, he said.

"I've seen the building for 15 months. I'm always looking at it, but you can even see the detail if you're standing down on King Street," he said.

Two city councillors joined community groups to demonstrate how community mailboxes would affect residents. GILBERT NGABO/METRO

CANADA POST

Groups protest mail delivery changes

Local community groups are joining forces in the fight against Canada Post's planned end of door-to-door mail delivery services.

Representatives of Walk Toronto, the Grange Community Association and Save Canada Post installed a mock community mailbox at a downtown intersection on Sunday, showing how the project would affect neighbourhoods.

In the midst of the switchover debate, Canada Post recently revealed that Toronto's downtown core would likely continue to receive door-to-door delivery. That's about 22,000 home addresses and another 122,000 individual addresses in apartments, condos and businesses with lobby delivery.

But critics say if home delivery is good enough for residents in Ward 20, 27 and 28, it should be the same for the rest of Toronto.

"We should not have two tiers of service," said Ward 20 Councillor Joe Cressy.

The other issue has been lack of consultations. Community groups and local councillors accuse Canada Post of imposing its will on where the mailboxes are installed, without any discussions with residents.

GILBERT NGABO/METRO

Instagram sensation on a national tour

JAYSCALE

Regent Park native in high demand thanks to his city pics

Gilbert Ngabo
Metro | Toronto

Toronto's skyline is one of many images captured by Regent Park native Jamal Burger. CONTRIBUTED

On Instagram, he's a professional photographer with skills that leave over 55,000 followers in awe. In real life, he's just a 22-year-old having fun with a camera. Jayscale, the social-media sensation whose actual name is Jamal Burger, is on a national tour capturing rare images from atop buildings or from a helicopter.

"I actually started with a mobile device," said Burger, who was born and raised in Regent Park and dropped out of a kinesiology undergraduate program at U of T to pursue his photography passion. "I really wasn't sure what I was doing and I wanted to find something I enjoyed."

He has been taking photos and posting them on social media for a little more than a year now. All the positive feedback he kept receiving has pushed him to fully delve into his passion.

He has captured the skylines of Toronto, Chicago and New York in exceptional ways, sharing his images and generating storms of compliments from admirers. Word went around, and Burger has worked on photography projects for brands such as American Express, Nike Basketball, Timbuk2, Sportchek and Best Buy, among others.

Tech giant LG recently tapped him for a countrywide campaign, and they are touring Vancouver, Montreal and Toronto with a helicopter. Using the LG G4 smartphone, the campaign gives him an amazing view to take pictures from different perspectives, he said.

The pictures he's capturing on this tour will be up for an online public auction, with proceeds going to the Make-A-Wish Canada charity.

FACEBOOK

Block party with a charitable edge

Jessica Smith Cross
Metro | Toronto

Instead of a "block party" in Trinity Bellwoods Park, 30,000 hipsters are getting invites to donate to charity.

This spring has seen a series of Facebook events pop up, advertising Toronto block parties, beach parties and even a water-gun fight. Thousands of would-be partiers have pledged to attend the events, despite their ambiguous status.

Friends Joe Cornfield and Karl Bechmann noticed the trend and, as a lark, set up a Facebook page for a block party in Trinity Bellwoods Park for July 5 and invited some friends.

"We had no plans to do an actual event," Cornfield said. "Two days later it had reached a million people and 15,000 were attending. At that point we were like, 'Whoa, this is crazy,' and didn't really know what to do."

The event has gone on to garner 30,000 RSVPs.

In the meantime, most of the other viral events have turned into marketing schemes for parties at clubs far from the promised location — like the "Woodbine Beach Party" that's turned into a party at a club in Vaughan.

"This is also a bait-and-switch, but for a good cause," said Cornfield. Cornfield and Bechmann are planning an actual party at 99 Sudbury, a venue near the park.

Anyone who contributes $20 to their fundraising campaign on tilt.com will get on the guest list. The proceeds will go to the David Suzuki Foundation's Homegrown National Park program.

Jode Roberts, a spokesman for the David Suzuki Foundation, said he was happy to hear from Cornfield and Bechmann when they approached the foundation a couple of weeks ago.

The Homegrown program trains park rangers to take on greening projects along the former Garrison Greek, which runs through Christie Pitts and Trinity Bellwoods Park, where they set up miniature gardens with plants that attract butterflies and bees.

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Kid's UPX birthday treat

UNION PEARSON EXPRESS

Friends agree party on train is 'the best'

When it came to his birthday party, William Canu had a one-track mind. All the train-obsessed youngster wanted for his seventh birthday was a ride on Toronto's newest train, the UP Express, with his friends.

In addition to the usual features of a kids' party, the birthday boy got the chance on Sunday to sit in the conductor's chair and ring the bell.

"You must think I'm crazy," said mother Jennifer McGill. "Well, since William was a baby, he has been interested in trains. We've done the journey from Thomas to Chuggington to other trains, and in the last two years he has become hyper-focused on modern, high-speed trains.

"And when I asked him what he wanted to do for his birthday, I proposed all kinds of different things, and he said, 'No, mommy, I want to ride the UP Express with my friends.'"

William Canu sits in the Union Pearson Express control room before the train leaves from Union Station. He said trains "are the best thing in the whole world." MELISSA RENWICK/TORSTAR NEWS SERVICE

UPX responded to McGill's request for an on-board party by inviting him to last week's opening ceremonies. William was over the moon, and the subsequent party was a hit with his pals.

"William, your birthday is the best," said Philippe Morissette, 6.

"Yeah, it rocks," agreed the birthday boy, who has a new claim to fame.

"It is absolutely the first birthday party on the train," said Anne Marie Aikins, spokeswoman for UP Express.

Frequent flier Jeremy Wilkins was taking UPX for the first time as he returned home from Boston. Asked if it bothered him to share the train with a party, he just smiled: "Oh no, it makes it fun."

McGill paid for the kids' tickets but was impressed with the friendly staff. UPX had a staff member meet them at the end of the return trip to Union with cupcakes and pins for the partygoers.

Asked why he likes the UP Express, William responded: "Trains are my favourite thing in the whole wide world, and the best thing is it only takes 25 minutes to get to the airport, and that normally takes one hour."

TORSTAR NEWS SERVICE

> **"The best thing is it only takes 25 minutes to get to the airport, and that normally takes one hour.**
> William Canu, age 7

REPORT CARDS

Schools buried in calls

Toronto principals say the number of calls mere hours after parents learned schools would not issue report cards is already "unbearable" and there's no way they can respond to everyone seeking their children's final marks.

In a harsh letter to the Toronto District School Board sent Friday morning, the organization representing the city's principals and vice-principals said "it is an unmanageable and unrealistic task for around 600 administrators to reply to 170,000 families."

The situation is "unreasonable, unrealistic.... We are talking about one person and 450 families," said Donnie Straker, who heads the Toronto School Administrators' Association.

Because principals can't share marks until the week of June 22, "we're really talking about a period of three days" to speak with a principal before summer vacation begins.

That means some parents will have to wait until the fall to get the information, she added.

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0615

Riders raise money for cancer centre

PRINCESS MARGARET

Millions raised to support research and treatment

Rebecca Joseph
For Metro | Toronto

When Sarah Del Zotto recalls her time at the Princess Margaret Cancer Centre, she remembers the staff fondly.

She was at the centre at least once a week for two years to receive treatment for breast cancer, sometimes she was there every day.

"When you're diagnosed with cancer, it's pretty much your second home," said Del Zotto.

Del Zotto said she knew staff are trained in sensitivity, but she still couldn't believe how helpful and friendly they were.

"I had a preconceived thought about how hospital staff act, about how doctors act," she explained. "But I just found the complete opposite. The surgeons, the doctors, everyone was very personable, very helpful."

That's why the cancer survivor and mother of three raised $2,500 for the centre in the Enbridge Ride to Conquer Cancer.

Del Zotto and the other cyclists trekked 200 kilometres, leaving Toronto on Saturday, and arriving at Niagara Falls on Sunday.

This wasn't her first rodeo. Del Zotto rode in the Ride to Conquer Cancer last year, while she was still on a chemotherapy drug.

This is the eighth year for the Ride to Conquer Cancer in Ontario, which has raised more than $119 million. Money raised goes to support research of personalized cancer drugs, treatment advances, and education at the Princess Margaret.

Sarah Del Zotto is congratulated by a fellow rider. RON SOMBILON PHOTOGRAPHY

Central Tech high school TORSTAR NEWS SERVICE

THE ANNEX

Central Tech preps for its centennial

When George Homatidis was asked to chair the 100th Anniversary Committee for Central Tech, he didn't know what he was in for.

The alumni association had dissolved after the 75th anniversary, and there weren't many records for him to work with.

"It has been a struggle throughout, trying to get updated contact information for people," Homatidis said. "At that time there were no emails, and of course, addresses change frequently."

Despite the barriers, Homatidis is optimistic about the centennial celebration planned for the fall. The ceremony will take place Oct. 16-18, and features events designed to bring out the charm and nostalgia associated with the Annex high school.

The part that has Homatidis excited, though, is the promise of something more permanent. The new alumni association has installed a legacy wall at the school, where former students or faculty can purchase a plaque.

"It's been really great," he said. "Graduates from 1946 are eager to get something up on it, because it will last."

Going forward, Homatidis wants to continue to help the school grow. He said any additional funding will go towards renovations to keep the 100-year-old building safe.

> **For me it's sort of a continuum of the last 50 years. It was very nice getting back.**
> George Homatidis

"I was a student there during the 50th anniversary of the school," he explained. "I went to visit on the 75th anniversary and now I'm involved in organizing the hundredth."

"Now I'm hoping to make it to the 125th," he joked.

REBECCA JOSEPH/FOR METRO

FOUR THINGS TO KNOW

- The Central Tech Building was constructed in 1915, but the school itself was started in 1889.
- At its peak, the school taught around 3,500 students a year. Now it has about 1,600 students.
- During the Second World War, the school was used to run military drills for the Canadian army, navy and air force. There's still a rifle range in the basement today.
- There have been so many upgrades to the buildings that some of the doors in the school open to brick walls.

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Trees vs. climate change

EVOLUTIONARY BIOLOGY

Scientists using genomics to aid adaption in nation's forests

Scientists are looking at new ways to preserve Canadian forests. MATT MEDLER/INTERNATIONAL BOREAL CONSERVATION CAMPAIGN/THE CANADIAN PRESS

Canadian scientists are helping trees outrun climate change.

"Trees are adapted to historical climate and the climate's moving out from under them," said evolutionary biologist Sally Aitken. "We're using genomics to generate answers more quickly than they can."

Foresters have long known that the best seeds for replanting forests comes from trees in the same area, said Aitken, whose research at the University of British Columbia is financed by Genome Canada. Trees within a couple of hundred kilometres or a few hundred metres of elevation are precisely adapted to local conditions.

But winters have become warmer. Rainfall patterns are changing. Bugs such as the mountain pine beetle and fungi such as blister rust find congenial new homes. Trees would eventually adapt on their own, but slowly.

"It takes decades, and we don't have decades," said Aitken.

In an effort to speed things up, she and her colleagues are digging into the genomes of lodgepole pine and white spruce to look for genetic patterns associated with climate. That allows researchers to analyze genetic diversity that already exists in the forest and select for characteristics that will produce seeds matched to the environment where they'll be planted.

"There's so much variation already in the tree's genome," said Richard Hamelin, whose work at the Canadian Forest Service is also funded by Genome Canada. "What we are doing is developing the tools to sample that variation.

"(Once) we know what a resistant tree looks like we can go out and find more of them and include them in our breeding program."

Aitken said results show that trees bred through the program's work are showing climate adaptations very close to what trees might do on their own.

> **It's really in the last month that we've gotten the results that show it works.**
> Sally Aitken, evolutionary biologist

"Material from the breeding program simply grows faster," she said.

Hamelin said trees bred for resistance to blister rust are already being planted. Trees resistant to other pests are entering the breeding program.

Both researchers emphasize that they're not doing genetic modification.

"Genetic modification might speed things up even more, but we don't need to go there," Hamelin said.

Aitken said that because extreme weather events are more probable as the climate changes, future forests will have to be planted with seed from a variety of zones.

"Diversity is a good buffer against uncertainty," she said.

THE CANADIAN PRESS

OCEAN TRACKING

Animals aiding in research

The latest issue of the academic journal Science features a paper by ocean researcher Nigel Hussey and fellow researchers on advances in the field of aquatic animal telemetry — where scientists tag an animal with an electronic device to monitor its actions from a distance.

Hussey said the latest improvements in tracking technology mean scientists can do much more than follow an animal's location. He said researchers can now use "animals as oceanographers."

"You can actually use the animals to monitor their own environments," said Hussey, a research associate at the University of Windsor.

Next year, Hussey plans to use receivers on narwhals and several hundred tagged Greenland halibut to observe interactions between the two species.

"Basically your narwhal becomes your monitor of sustainable fisheries. He's swimming around, giving you detections on where your fish are," he said.

THE CANADIAN PRESS

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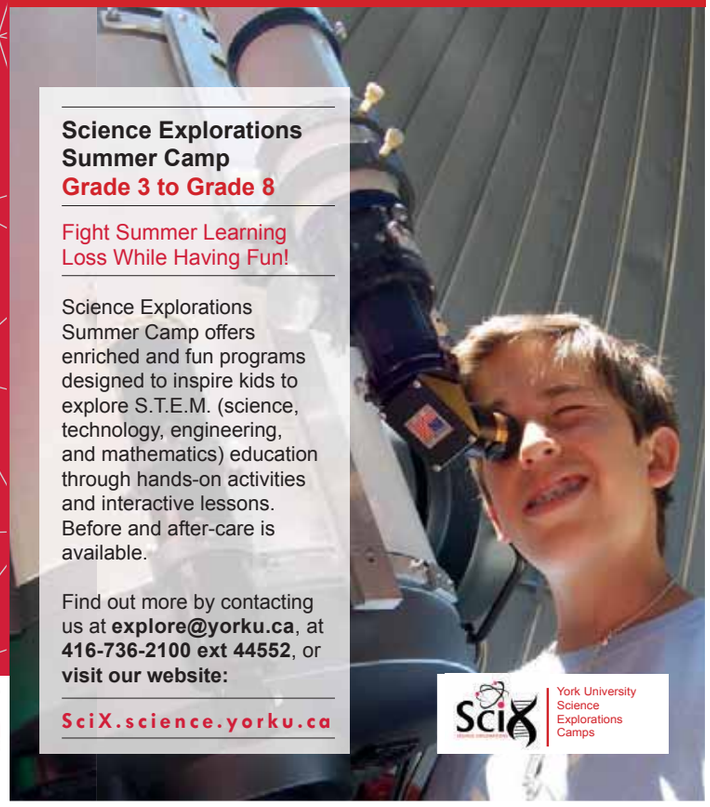

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Lindhout 'happy' for arrest of alleged Somali kidnapper

OTTAWA

Canadian journalist was captured near Mogadishu

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somalian kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?," Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay on the floor crying, saying the words, 'Thank you, thank you, thank you so much,' again and again," said Lindhout in a statement posted on her Facebook page and also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somalian national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lindhout.

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

Lindhout, who was a freelance journalist at the time, and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

> **I am happy that he will be called upon in court to answer for his role in the kidnapping.**
> Amanda Lindhout, who was kidnapped in 2008 by young gunmen near Mogadishu, Somalia

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19. His lawyer, Samir Adam, said Friday he didn't have enough information on the allegations against his client to comment.

Successful prosecution in such a case "depends on a certain level of discretion," RCMP assistant commissioner James Malizia told a news conference on Friday.

The RCMP's Ottawa Integrated National Security Enforcement Team, supporting RCMP units and partner agencies have been working on the case ever since the abduction seven years ago, Malizia said.

Details of the lengthy investigation — which involved undercover operations, surveillance and wiretaps — would come out in court, he said. For now, all that matters is that charges have been laid, said Lindhout.

"I'm grateful that this man has been arrested," she said.

THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra $24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because of one city block.

The cost of temporary Senate offices in downtown Ottawa could surpass the $23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers $24.5 million more over 13 years than the government wants to spend.

The details are contained in a Jan. 30 briefing note to Public Works Minister Diane Finley, obtained by The Canadian Press through the Access to Information Act.

Public Works won't say how much it's willing to spend.

The Senate needs to find space soon so it can be ready for 2018 when the Centre Block is closed for badly needed renovations, displacing both the Senate and the House of Commons for almost a decade.

THE CANADIAN PRESS

NEW HOME

There are some 27 Senate offices currently without a new temporary home. They also need room for services like mail and security.

SECURITY

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

Many residents remained locked in their homes at the advice of authorities, with some saying they were keeping firearms handy. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss.

THE ASSOCIATED PRESS

SPACE TECHNOLOGY

Spacecraft wakes up after 7 months

To scientists' relief and delight, the Philae spacecraft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60 hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae's solar panels to soak up enough light to charge the craft's main battery. But there were fears its mission would be cut short.

THE ASSOCIATED PRESS

Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or damaged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

> **Everyone has to be very careful because all the beasts haven't been captured.**
> Khariton Gabashvil

People assist a hippopotamus that has been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. TINATIN KIGURADZE/THE ASSOCIATED PRESS

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

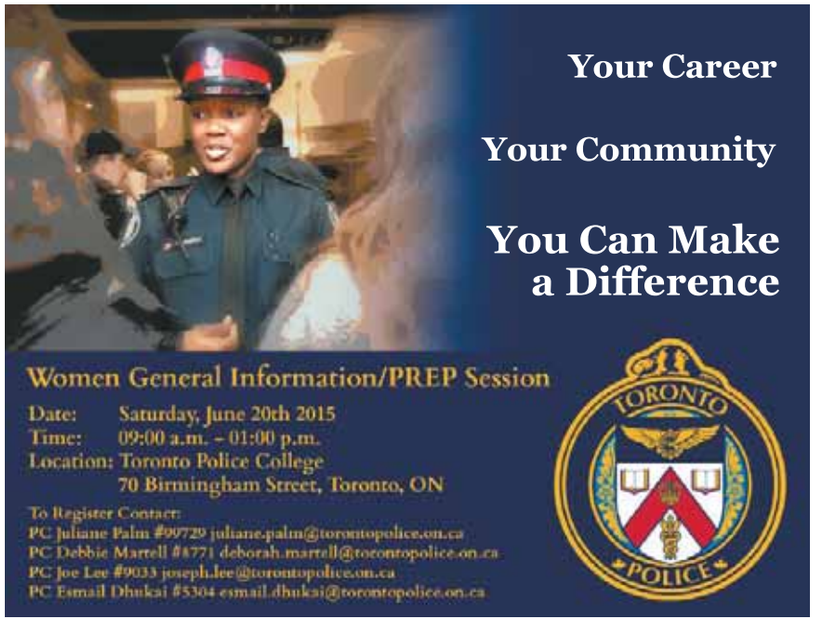
A hippopotamus — an extremely aggressive animal with the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals may have fled to just about any corner of Tbilisi, including the forests on the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit section of the city. "I don't know where to sit, where to lie, what to do."

Some officials accused authorities of using unnecessary force on the beasts. THE ASSOCIATED PRESS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GENDER ISSUES

Nobel Prize winner's career ends after making offside joke

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he's widely perceived as a sexist who's been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt's fall followed a speech Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause trouble in labs because "you fall in love with them, they fall in love with you, and when you criticize them, they cry."

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian's Anne Perkins, who wrote that his comments were "the educated man's version" of blaming rape victims for wearing short skirts.

Hunt laments that his career is over — and some prominent women scientists who found his remarks offensive said the punishment may be too harsh.

Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

"I've spent a lot of time with him and I've never seen any sign of sexism," she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. "All my interactions with him were very positive," she said. "I've no indications from my experience or from colleagues that he's in the slightest way sexist."

She said the speed with which news of his comments spread has reinforced for many the dangers of speaking to the press or public.

THE ASSOCIATED PRESS

Syrians flee into Turkey

BULENT KILICBULENT KILIC/AFP/GETTY IMAGES

Syrians fleeing the war pass through broken down border fences to enter Turkish territory illegally, near the Turkish Akcakale border crossing on Sunday. Dozens of refugees, many carrying sacks of possessions, started passing through the gate as thousands more awaited their turn to cross on other side.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

BULENT KILICBULENT KILIC/AFP/GETTY IMAGES

MIDEAST CRISIS

Refugees seek to escape Kurdish-ISIL conflict zone

Thousands of Syrians cut through a border fence and crossed over into Turkey on Sunday, fleeing intense fighting in northern Syria between Kurdish fighters and jihadis.

The flow of refugees came as Syrian Kurdish fighters closed in on the outskirts of a strategic Islamic State-held town on the Turkish border, Kurdish officials and an activist group said, potentially cutting off a key supply line for the extremists' nearby de facto capital.

Taking Tal Abyad, some 80 kilometres north of the Islamic State stronghold of Raqqa, would deprive the militant group of a direct route to bring in new foreign militants or supplies. The Kurdish advance, coming under the cover of intense U.S.-led coalition airstrikes in the area, would also link their two fronts and put even more pressure on Raqqa.

In this Turkish border village, the refugees took by surprise the Turkish troops stationed there, who were overwhelmed by the large number of people crowding the crossing. Thousands of people had been gathering for more than a day on the Syrian side of the Akcakale border crossing before they broke through Sunday afternoon.

People threw their belongings over the fence while others passed infants into Turkey over barbed wires before following through a several-metre wide opening in the border fence.

Turkish troops later brought in reinforcements and gathered up the refugees on the Turkish side of the border, preventing them from going deeper into Turkey.

Earlier Sunday, Turkish Deputy Prime Minister Numan Kurtulmus speaking on the refugee situation at the crossing between in Tal Abyad and Akcakale, claimed that those refugees were not fleeing fighting between Kurds and the Islamic State group, but were rather trying to escape to Turkey in case their villages are hit by U.S.-led coalition bombings.

He said Turkey was providing humanitarian aid to them on the other side of the border while taking in anyone who is sick or injured. Kurtulmus said Turkey has taken in more than 2 million refugees since 2011.

"We are of the opinion that there isn't a humanitarian tragedy there," Kurtulmus told CNN-Turk television in an interview. "Our priority is for them to remain within their border. We will continue to provide humanitarian aid to them"

Hours after Kurtulmus spoke, Turkey reversed its decision and opened the border to allow more of the refugees in, the state-run Anadolu Agency reported. It said however that this time, Islamic State group militants at the border prevented them from crossing into Turkey.

It put the number of people who were waiting to cross at around 2,500. Around 13,400 Syrians have fled to Turkey since June 1, the agency said.

THE ASSOCIATED PRESS

2,500

Number of people at the Akcakale border waiting to cross into Turkey.

KURDS EXPECT TO TAKE TAL ABYAD

On Sunday, Kurdish official Idriss Naasan said that Islamic State fighters have fled from Suluk, a few kilometres southwest of Tal Abyad, and that Kurds now hold the town. The Syrian Observatory for Human Rights also said Islamic State fighters had withdrawn and that Kurds were about 5 kilometres from Tal Abyad.

The Observatory reported later that Kurdish fighters captured more villages near Tal Abyad on Sunday, adding that jihadis blew up two bridges southeast and southwest of the town to prevent them from pushing forward.

"It's only a matter of time before this area is liberated," Naasan said from northern Syria, saying the Kurds surround Tal Abyad from the east, west and south. The Turkish border — and the soldiers there — now hem the extremists in from the north.

Tweeting the path to success

SOCIAL MEDIA

As user growth slows, tech experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame, or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

But despite the buzz generated by thousands of chatty journalists, athletes and celebrities, Twitter has never turned a profit. Its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Now, with last week's exit of Twitter Inc. CEO Dick Costolo — co-founder, and former CEO, Jack Dorsey is taking over in the interim — the company is looking for a new leader.

But first it needs to address some of its biggest problems.

Here are some of Twitter's most pressing challenges, along with possible fixes.

Twitter CEO Dick Costolo, Chairman and co-founder Jack Dorsey, and co-founders Evan Williams and Biz Stone, watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE PHOTO

Where are the users?

Its user growth is stalling and there are a lot of competitors. Besides its old rival Facebook, Twitter is feeling the heat from mobile messaging apps such as WhatsApp, Snapchat, Instagram and a bevy of others. Twitter grew from 204 million active users in the first quarter of 2013, to 255 million a year later and 302 million in the first three months of 2015. Facebook-owned WhatsApp announced in April it has reached 800 million users.

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors — including special channels or tabs focused on live events or topics of interest to users.

Deal with trolls

Twitter has long had a problem with trolls, online bullies whose abuse has been an ongoing issue that has alienated established and potential users. It has tried to make it easier to report threats and in April updated its policy against violent threats, but it's too early to say if this initiative has helped.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said. Twitter's Periscope app, which lets users share live video, is an example of what Twitter should be doing more of, Blau added.

Demonstrate Twitter's strengths to advertisers

Twitter knows something about its users' interests, but Facebook knows far more about its users' likes and habits, while Google and Pinterest can more readily predict users' buying interests. Twitter's strength, however, is drawing people's attention during live events, such as sports, breaking news and popular TV shows, said Debra Aho Williamson at research firm eMarketer.

Show investors it's serious about business

The new CEO must show Wall Street Twitter is focused on building revenue and delivering on financial targets, added Scott Kessler, a tech stocks analyst at S&P Capital IQ. THE ASSOCIATED PRESS

LOTTERY

If you win, plan carefully: Experts

Hoping to fund your retirement by winning the lottery is a ridiculous idea.

Sure, someone has to win, but banking your future well-being on a cheap ticket, a handful of carefully chosen numbers and near-impossible odds isn't financial planning — it's wishful thinking.

But if you're fond of daydreaming about winning big — Friday's Lottomax jackpot is $38 million — how much would you actually need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want to leave, says investment adviser Kathryn Del Greco at TD Wealth.

While some may be happy to putter in their gardens, others may have a bucket list that includes playing the great golf courses of the world and indulging their love of rare wines and fine dining.

"There isn't a magic number that you could apply to everyone," Del Greco said.

As you begin your fantasy session, keep in mind that lottery winnings aren't taxed in Canada, so the amount on the oversized novelty cheque you'll be handed in your dreams will be the very same sum you'll deposit in the bank.

But once that money starts earning interest and investment income, those amounts will be taxed.

Larry Moser of BMO InvestorLine estimates a risk-free portfolio of GICs will yield close to one per cent, while you may be able to earn four to five per cent a year by taking some risk in a conservative portfolio.

A five per cent return means that for every $1 million in lottery winnings, you could generate about $50,000 in annual income before any fees and taxes. Put another way, a five per cent annual return on $5 million could generate about $250,000 a year.

> **We encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks and blue chip equity stocks.**
> Kathryn Del Greco, TD Wealth

However, many forms of investment income are taxed at a lower rate than money earned by working, so compared with your salary, you may not need to make quite as much from your investments to have the same amount in your pocket after taxes.

Del Greco cautioned that inflation can erode the value of your nest egg without at least some investment growth.

"That's why we encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks ... and also blue-chip equity stocks [to] provide a natural hedge to inflation pressures," she said.

If you do hit the jackpot, both Del Greco and Moser recommend putting the money aside for a time before doing anything with it to give yourself space to formulate a plan once the initial thrill of the win passes.

"Before you make any rash decisions, before you start spending any money, before you start giving away all the money, you really want to sit down and figure out what the purpose of this money is," Moser said.

In your dreams, at least. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, June 15, 2015

#MYMETRO

Richie Islam and Roxana Olaru, Toronto

How do you two know each other?
Islam: We're dating.
What's the first thing you flip to when you read Metro?
Islam: I do the Sudoku.
Olaru: The horoscopes.
What is your commute?
Islam: I live in Markham. I take the train to go to school for graphic design.
Olaru: I'm from Uxbridge. I commute to Toronto for work and school.
What's the one spot in Toronto everyone who comes here should visit?
Islam: Kensington Market, because it's eclectic.
Olaru: The Distillery District.

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For great advice, give experts a public voice

TORY'S TORONTO
Matt Elliott

If you've ever wondered why qualified professionals tend not to want to work in the public sector, consider Toronto chief planner Jennifer Keesmaat as Exhibit A.

Keesmaat, by all accounts an accomplished urban planner who reportedly took a steep pay cut to work at Toronto City Hall, has been given a rough ride since she was appointed in 2012. She's seen it all: the general dismissal of her work, political meddling, attempts to keep her silent, Twitter spats.

Things were supposed to get better with the election of John Tory to the mayor's job. As part of his election bid, Tory unveiled a "code of conduct" he would adhere to as mayor. Tucked away among his promises to show up to work on time and, uh, not commit criminal acts, there was this: "I will always treat city staff with respect and professionalism."

But city hall's contentious debate on the eastern Gardiner Expressway — which ended (for now) with a narrow 24-21 vote to keep the elevated highway with some ramp modifications — left me wondering how committed the mayor is to that promise.

The Globe & Mail reported that Tory didn't take kindly to Keesmaat publicly announcing her support for removing the Gardiner East. There was a meeting held in the mayor's office to discuss it. After the meeting, Keesmaat stopped tweeting about the issue. There was silence.

Nick Kouvalis, a former Tory campaign advisor, took things even further, composing a bizarre string of tweets in which he accused Keesmaat of having an ego that spans international borders.

It's not clear what great sin Keesmaat committed. The city-commissioned report on the Gardiner concluded that removing the Gardiner East was preferred from a planning perspective, with no room for ambiguity.

As such, Keesmaat, as someone with a responsibility to her profession, had no choice but to take the stance she did. To do otherwise would be like a marine biologist saying petroleum is good for the ocean.

That doesn't mean Tory had to agree with Keesmaat's conclusions. This debate was about more than just planning issues. But the proper reaction for those who disagreed was to refute the chief planner's arguments with reasonable facts and evidence.

Keesmaat, as someone with a responsibility to her profession, had no choice but to take the stance.

Instead, it appears Tory's office thought she shouldn't have publicly expressed those arguments at all.

It sets a bad precedent. The reason city hall hires qualified professionals is so elected officials get the best advice on issues. Transparency and accountability mean that advice must be given in public.

If that isn't going to happen, why bother? Why have experts if politicians care little for their expertise?

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

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metro LIFE

Your essential daily news

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NUTRITION

Health Canada to re-examine every facet of Food Guide

Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to review the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and it's relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrissette wrote in an email.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot" to serve the interests of the food industry. Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Criticisms of the guide range widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

> **We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.**
>
> Dr. Yoni Freedhoff, a vocal critique of the guide

Fats are absent — and they shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says.

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

Joanne Lewis, of the Diabetes Association, says it's the environment of eating, including food labels, marketing and access to food — are all important to healthier eating. If anything, what's broken, she says, is "the way we implement" the food guide. TORSTAR NEWS SERVICE

NUTRI-FICTION

A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction." TORSTAR NEWS SERVICE

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Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. RICK DIAMOND/GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

But when she hit the stage with her hit Blown Away, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet. She slowed things down but still held the crowd's attention with the emotional Something in the Water, off last year's Greatest Hits: Decade #1 release. She ended her seven-song set by bringing down the house with a resounding Before He Cheats.

> **"I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning."**
> Carrie Underwood

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on Idol."

THE ASSOCIATED PRESS

IN BRIEF

Jurassic World takes record-setting $511.8M bite out of box office

Dinosaurs are anything but extinct at the box office.

Jurassic World, the fourth film in the series, became the highest global opener of all time with a staggering $511.8 million in its first days in theatres. It also devoured a number of domestic box-office records with a $204.6-million take, the Rentrak media-measurement company estimated on Sunday.

In addition to setting a record for 2015, Jurassic World is now the second-highest domestic opening of all time, right behind Marvel's The Avengers, which took in $207.4 million in 2012. By the time Monday actuals roll in, there is a chance the film could dethrone Avengers.

THE ASSOCIATED PRESS

Chris Pratt stars in Jurassic World. THE ASSOCIATED PRESS

DAVE GROHL

Call him Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but came back an hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland.

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‘Social is like your online resume’

Aliza Licht (@DKNY PR Girl) says you need a professional headshot for your social media avatar (no eggs allowed!). CONTRIBUTED

CAREER BUILD

DKNY PR Girl on how to land a job through Twitter

Raquel Laneri
Metro in New York

Can Twitter or Instagram help you land your dream job? According to Aliza Licht, senior vice president of communications for Donna Karan, it can not only help, it can make — or break — your career (seriously, don’t complain about your job on social, people).

Licht should know. She is the superstar force behind DKNY PR Girl, the online personality who reinvented social media for fashion brands, businesses and the people who want to work for them. To her, Twitter may be the world’s “biggest cocktail party,” but it’s no joke.

“Social is like your online resume,” Licht says. “Employers are checking it before they even meet you for an interview, and it’s a great way to pave the road for yourself.”

We asked Licht — who has just written a killer career-advice book, Leave Your Mark: Land Your Dream Job. Kill It in Your Career. Rock Social Media. — for her tips.

Have a polished profile pic

“Your picture should reflect whatever it is that you want people to think about you,” says Licht, “and if you’re an egg on Twitter ... that’s not exactly putting your best foot forward.” Licht’s recommendation? A professional-looking portrait. “It makes you appear established, even if you’re not,”she says.

Follow your industry’s superstars

“Think about your goal — is it to launch a new business or project, is it to get a job? — and then follow people who do what you want to do or who work where you want to work,” advises Licht. “I started my @LEAVEYOURMARKxo Twitter handle way before the book came out, so I could follow book reviewers and editors and educate myself ... You learn so much just by observing.”

Experiment

Nailing the right voice and persona can be tricky. The only way you’ll really learn how to tweet (or ‘gram or “tumble”) is by doing it. “You’ll learn what people are interested in and give them more of what they want,” says Licht.

Don’t be shy

“The great thing about Twitter is you can speak to anyone — there is no hierarchy,” Licht says. “Once in awhile you can favorite something, retweet something, compliment something.”

It can pay off big time. “I have this guy who is based in New Zealand who I engaged with quite often over the past six years on Twitter,” says Licht. “Just last year he reached out to me and said, ‘I would love to get an internship.’ I was like, Oh my God, yeah! I totally knew the minute I saw the email and his Twitter handle who he was.” She hired him.

> **Follow people who do what you want to do**
> Aliza Licht

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When your summer internship is boring/bad

INDUSTRY EXPERIENCE

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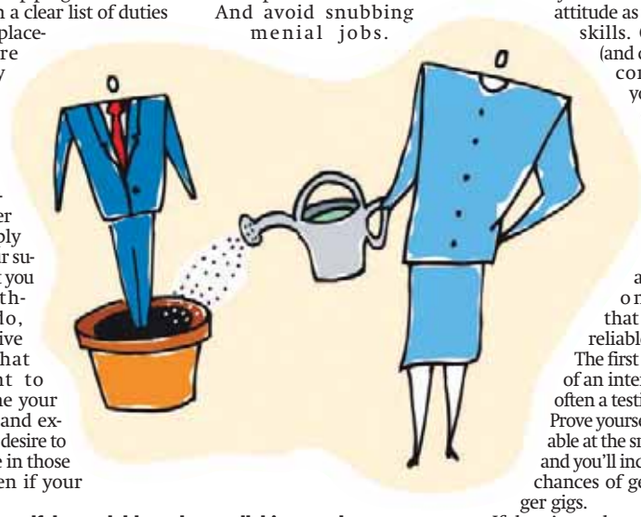
OFFICE RELATIONS
Eleni Deacon

The ideal summer internship: a chance to gain exposure to your industry while making long-term connections and completing meaningful work. A lot of internships: not quite that inspiring. While interns can't expect employee-level responsibility, they can expect hands-on experience in their field. Here's how to proceed if your internship is more thumb-twiddling than skill-building.

Not sure how to spend your afternoons? Don't be shy to ask for more tasks. Although some organizations have longstanding internship programs — that come with a clear list of duties — many placements are not strictly defined. If no one has articulated your role, do so yourself. Rather than simply telling your superior that you have nothing to do, be proactive about what you want to do. Outline your interests, and express your desire to contribute in those areas. Even if your boss has no immediate need, you'll be top-of-mind when work comes up.

And avoid snubbing menial jobs.



Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs. ISTOCK

Coffee runs may not be fun, but internships are as much about your work ethic and attitude as your hard skills. Correctly (and cheerfully) completing your team's drink orders gives them more than a caffeine kick — it also demonstrates that you offer reliable services. The first few weeks of an internship are often a testing period. Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs.

If there's no chance of being assigned more-than-mundane work, focus on relationships. Be a sponge: find staffers with whom you click and absorb their expertise. Observe them in the office, ask questions and invite them for coffee so your can hear their stories. While your internship may only last a few weeks or months, strong connections can have years-later benefits. Walking away with a reference is essential. But exiting your internship with a strong ally — or even a friendship — is often just as valuable as learning to perform specific processes.

When a placement shows neither social nor practical promise, weigh its potential. If the fact of having worked at this organization could help you get hired, it likely merits sitting through your stint. No foreseeable benefits? Consider alternate options. Internships — especially those that are unpaid — are an investment. Whether you're after hands-dirty skills or a line on your resume, it should be worth it for you to stay.

GIVING BACK

Why volunteering is good for business

Studies have shown giving makes you happy. Whether it's buying a present for your mother, giving to charity or volunteering at a Boys & Girls Club, we feel good when we help others.

That thinking also extends to the workplace, says Carrie Morgridge, vice president of the Morgridge Family Foundation and author of Every Gift Matters: How Your Passion Can Change the World.

Indeed, a study by Deloitte Consulting found that 87 per cent of workers who volunteered with a group at work felt it improved their teamwork and people skills, while 81 per cent said that it helped develop stronger relationships with their colleagues.

"Volunteering brings a team together," says Morgridge. "It increases productivity, and allows co-workers to bond over a common goal that's not necessarily work-related, but tied to their community."

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metro SPORTS

Fabricio Werdum beat Cain Velasquez at UFC 188 to win the heavyweight title Saturday night

Monday, June 15, 2015

It goes to 11: Jays sweep Red Sox to extend streak

MLB

Goins' offensive jolt helps T.O. tie consecutive wins record

SUNDAY In Boston

BLUE JAYS	RED SOX
13	5

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous.

The Blue Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

"Honestly, I think everybody's coming here every day knowing we're going to win," Goins said. "You put that with probably having the best one-through-six in the whole league and it makes it easier for seven, eight, nine."

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its season-worst sixth straight loss.

This is the fourth time Toronto has won 11 in a row, most recently in 2013. The Blue Jays can set the team mark Monday night when star shortstop Jose Reyes returns to Citi Field to play the New York Mets.

"The one word that describes it is 'fun,'" Goins said.

The Blue Jays have scored 88 runs in their streak, including 31 this weekend in Boston.

Goins' three-run homer capped a six-run fourth inning as the Blue Jays roughed up rookie Eduardo Rodriguez (2-1).

According to research provided by the Red Sox, Rodriguez was the first pitcher in major-league history to go six or more innings and not allow more than one run or three hits in each of his first three starts.

"He's been great and you can tell why and he's going to be great, but we're some kind of hot right now," manager John Gibbons said.

Marco Estrada (4-3) gave up five runs in five innings.

David Ortiz hit a three-run homer for Boston, which fell 10 games under .500.

"We're not in a good place right now as a team, but it's not because we're not giving effort," Boston manager John Farrell said. "We're not executing completely."

Toronto opened a 10-0 lead in the fifth. Chris Colabello had a RBI single and Russell Martin chased Rodriguez with a run-scoring double, with Red Sox fans booing when left-fielder Hanley Ramirez misplayed a carom in the corner.

Valencia then hit reliever Steven Wright's first pitch completely over the Green Monster seats.

Rodriguez gave up nine runs on eight hits and three walks in 4-2/3 innings.

Asked what he learned from the outing, he said: "Throw better pitches."

"Throw the pitch exactly where I want," he said.

The Red Sox answered with five in the bottom of the inning. Dustin Pedroia and Ramirez had RBI singles before Ortiz homered.

Goins' two-run double came in a three-run seventh.

THE ASSOCIATED PRESS

Ryan Goins and Russell Martin celebrate at home plate after Goins' fourth-inning home run on Sunday at Fenway Park in Boston. WINSLOW TOWNSON/GETTY IMAGES

SANCHEZ OUT

After Sunday's game, John Gibbons said RHP Aaron Sanchez will be placed on the 15-day DL with a strained muscle in the back of his shoulder.

HONDA INDY TORONTO

Newgarden conquers Toronto's soggy streets

Josef Newgarden celebrates after winning the Honda Toronto Indy on Sunday. DARREN CALABRESE/THE CANADIAN PRESS

It was a historic Honda Indy Toronto for Josef Newgarden and Luca Filippi.

Newgarden took the lead on the 72nd lap and never relinquished it, finishing 1.4485 seconds ahead of teammate Filippi. And the 1-2 effort in the 85-lap event over the 1.755-mile, 11-turn Exhibition Place street circuit was a first for CFH Racing, a team in its initial year of operation.

"It was cool to get a 1-2," Newgarden said. "This is a new team this year and so to already be able to get a 1-2 with this group is really incredible.

"That's too cool, too cool."

> **"It was almost a perfect day for us, almost because I would've preferred ... myself first and Josef second.**
>
> Luca Filippi

Just over a week ago, CFH Racing registered a frustrating double DNF in the Firestone 600 at Texas Motor Speedway. But Newgarden said the team can't get fat on Sunday's result.

"I don't think we can let off the gas," he said. "We've really got to keep working because there's a lot of good teams and it's still difficult to do this on a regular basis."

Newgarden, a 24-year-old native of Henderson, Tenn., captured his second victory of the season. He won the Honda Indy Grand Prix of Alabama on April 26.

THE CANADIAN PRESS

IN BRIEF

Bloop hit costs Nationals' Scherzer a perfect game

Max Scherzer struck out a Nationals-record 16 and threw a one-hitter, losing his perfect-game bid on a bloop single that barely fell in during the seventh inning Sunday while pitching Washington past the Milwaukee Brewers 4-0.

Carlos Gomez got Milwaukee's only hit, leading off the seventh with a broken-bat looper to right field just beyond the outstretched glove of second baseman Anthony Rendon. Scherzer looked the other away after the ball dropped.

Scherzer set a career high for strikeouts and broke the Nationals mark of 14 set by Stephen Strasburg in his big-league debut in 2010. THE ASSOCIATED PRESS

'Hawks focused on finish

This isn't the Chicago Blackhawks' first rodeo going for the Stanley Cup. It is the first time they're going for it at their own stampede.

For the third time in the Patrick Kane-Jonathan Toews era, the Blackhawks are up 3-2 in the final going into Game 6. They won those first two chances in 2010 and 2013 on the road in Philadelphia and Boston.

So this group knows how to close like a champion thoroughbred with the finish line in sight, but now there's the new twist of trying to beat the Tampa Bay Lightning on home ice at United Center.

"Our team's been in a lot (of) these situations — played in some big settings, some big stages, a chance to win Cups before," coach Joel Quenneville said Sunday. "It's a whole new process for some guys, a new situation being at home for the first time.

"It's an exciting time."

THE CANADIAN PRESS

> **"I think we're just going to do our best as individuals to focus on our job as players and focus on the game and nothing more.**
>
> Jonathan Toews

NBA FINALS WARRIORS ONE WIN AWAY FROM TITLE
Cavaliers guard Matthew Dellavedova, right, attempts a shot against Warriors guard Stephen Curry during Game 5 of the NBA Finals in Oakland, Calif., Sunday night. Curry scored 37 points to lead Golden State to a 104-91 win and a 3-2 series lead. The Warriors will have a chance to clinch the title in Cleveland on Tuesday night. THEARON W. HENDERSON/GETTY IMAGES

SOCCER

Rooney closer to record as England beats Slovenia
Wayne Rooney pulled to within one goal of Bobby Charlton's England scoring record on Sunday by clinching a 3-2 victory over Slovenia in European Championship qualifying.

The captain matched Gary Lineker's England haul of 48 goals. THE ASSOCIATED PRESS

Brazil begins Copa America with win over Peru
Neymar scored a goal and set up the injury-time winner by Douglas Costa, helping Brazil open its Copa America participation with a 2-1 over Peru on Sunday.

Brazil is tied atop Group C with Venezuela, which defeated Colombia 1-0 earlier Sunday. THE ASSOCIATED PRESS

Their best defence for their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in.

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach the round-of-16 elimination games with a draw.

> **Championships are won with defence.**
> Sophie Schmidt on the fact that Canada has yet to surrender a goal

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early." THE CANADIAN PRESS

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Ready in
Prep time: 10 minutes
Cook time: 14 minutes
Serving size: 6

Ingredients
- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

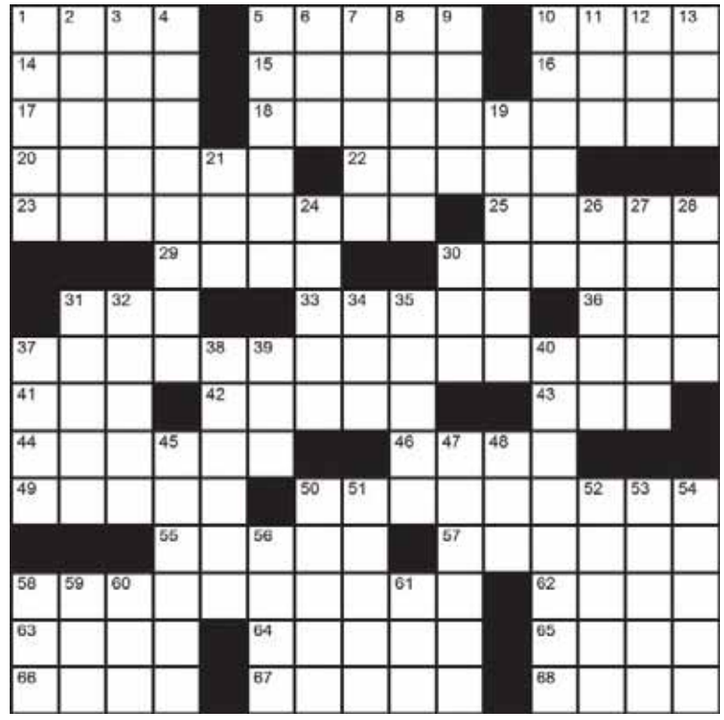
Directions
1. Combine 5 Tbsp of flour, cheese, salt and pepper on a plate. Dip chicken in mixture.
2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.
3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.
4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

Nutrition per serving
- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Slope beside a river
5. _ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "_ _ _!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-_
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. _" (2011)
57. Body of work
58. Toronto subway line, Yonge-_
62. Greek Myth: Goddess of discord
63. Ms. Winningham
64. "What?" response-starter, "_ _..."
65. "_ of Eden" (1955)
66. Bridge
67. Driving costs
68. 'Science Guy' Bill's

DOWN
1. Relating to Atomic Number 56
2. 'Revenge is _ _ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across
5. Capri attraction in Italy, Blue _
6. Lake: French
7. "Congratulations _ _ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way
21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer _ (Noted ventriloquy puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNTO = Definitely Not the _
34. _-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-_
40. Lady on Canadian money: 2 wds.
45. 7-_ (Slurpee seller)
47. _ of London (Underwriter)
48. Actor Jason
50. "This house _ _ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still _ _ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '_ Tuesday

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

Taurus April 21 - May 21
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23
You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

Libra Sept. 24 - Oct. 23
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

Capricorn Dec. 22 - Jan. 20
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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